

Module 5: Weight and Wellness—A Classic Worksite Issue

Handout Q: Ready to Change to More Exercise?

Given the concept of exercising for health, consider your co-workers. How ready are they to add more physical activity in their daily lives? Can you place each co-worker at a specific stage of change? Refer to Handout K: Ready to Change? for clues.

In the table below, summarize your work group. Fill in the table, indicating the percentage of your co-workers in the precontemplation stage, the percentage in the contemplation stage, etc.

Stage of Change	Percentage of Co-Workers
Precontemplation	
Contemplation	
Preparation	
Action	
Maintenance	
Total:	100%